

**IN THE CLAIMS:****Listing of Claims:**

1 Claim 1 (amended herein) A skateboard that is adapted to be ridden by a user standing  
2 upon it, comprising: an elongated extruded aluminum metal board; said metal board having  
3 a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, a width  
4 adapted to accommodate the user's feet in a direction generally perpendicular to the  
5 longitudinal axis of the board, and multiple continuous, closed cavity forming members  
6 extending substantially the length of the board, at least one of the cavity forming members  
7 having a height H1 and a width W2 and W2 is greater than H1, one said closed cavity  
8 forming members located along a central longitudinal axis of said board, one said closed  
9 cavity forming members adjacent to said left edge, and one said closed cavity forming  
10 members adjacent to said right edge.

1 Claim 2 (original) A skateboard as recited in claim 1, wherein said metal board has an  
2 arcuate shaped front end and an arcuate shaped rear end.

1 Claim 3 (original) A skateboard as recited in claim 1, wherein said metal board has an  
2 arcuate shaped front end and an arcuate shaped rear end.

1 Claim 4 (original) A skateboard as recited in claim 3, wherein plastic end guards are  
2 secured to said front and rear ends of said metal board.

1 Claim 5 (original) A skateboard as recited in claim 1, wherein said top surface of said  
2 metal board has a concave transverse contour.

1 Claim 6 (original) A skateboard as recited in claim 1, wherein said metal board has a bent-  
2 up front tip portion and a bent-up rear tip portion.

1 Claim 7 (original) A skateboard as recited in claim 1, further comprising front and rear  
2 skateboard trucks secured to said bottom surface of said metal board.

1 Claim 8 (original) A skateboard as recited in claim 1, wherein said board deflects less than  
2 0.162 in. with a load of 200 lbs.

1 Claim 9 (original) A skateboard as recited in claim 1, wherein said board deflects less than  
2 0.203 in. with a load of 250 lbs.

1 Claim 10 (original) A skateboard as recited in claim 1, wherein the elongated metal board  
2 includes a top wall, a bottom wall and N longitudinally elongated support walls that define  
3 N-1 longitudinally elongated cavity forming members extending substantially the length of  
4 the board.

1 Claim 11 (original) A skateboard as recited in claim 1, wherein end guards are secured to  
2 said front and rear ends of said metal board at said multiple continuous, closed cavity  
3 forming members.

1 Claim 12 (original) A skateboard as recited in claim 1, wherein at least one of said multiple  
2 continuous, closed cavity forming members includes a filler.

1 Claim 13 (original) A skateboard as recited in claim 12, wherein said filler is a member  
2 selected from the group consisting of foam, foam plastic, wood, wood composite, and an  
3 inflatable bladder.

1 Claim 14 (original) A skateboard as recited in claim 1, wherein said metal board includes a  
2 first, central longitudinally elongated cavity forming section having a generally rectangular  
3 cross section, second and third adjacent longitudinally elongated cavity forming sections  
4 having generally rectangular cross sections that are narrower than the cross section of the  
5 first section, fourth and fifth adjacent longitudinally elongated cavity forming sections

6 having generally rectangular cross sections of approximately the same cross section as the  
7 cross section of the first section, and sixth and seventh adjacent longitudinally elongated  
8 cavity forming sections having generally rectangular cross sections of approximately the  
9 same cross section as the cross section of the first section.